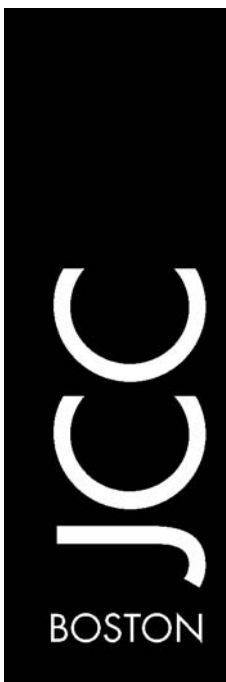




Karishim Swim Club

Spring 2010 Swimmer/Parent Handbook

Head Coach: Adrian Eagles
Assistant Coach: Chelsea Gilliam
karishim@jccgb.org



JEWISH COMMUNITY CENTERS OF GREATER BOSTON
Leventhal-Sidman JCC • 333 Nahanton Street • Newton
617-558-6522 • jccgb.org • lsjcc.org



WELCOME!

Welcome to the Karishim Swim Club and thank you for your interest and support. When a child joins a swim team, the whole family joins the swim team. The time and energy required by the swimmer and family is considerable. However, the lessons and rewards can be priceless and lifelong. This handbook is designed to familiarize swimmers and their families with the world of competitive swimming and to answer questions that parents and swimmers may have.

Karishim Swim Club

Karishim Swim Club is a competitive program offered by the Leventhal-Sidman JCC. The team incorporates all of the JCC philosophies promoting Jewish values while developing a healthy spirit, mind, and body. The program is offered to children ages 6-18. Eligible swimmers must be able to swim USA legal front crawl, back crawl, and breaststroke for the length of a 25-yard pool without stopping. The team practices at two facilities; the Leventhal-Sidman JCC and the Brookline Pool.

The coaching staff strives to provide opportunities for young athletes to learn life skills, to develop his or her character, and to learn as much about the sport of swimming as he or she wishes. Our coaching philosophy can be summarized as follows:

We strive to:

1. Provide a fun and enjoyable environment.
2. Demonstrate that competition and being part of a team can be fun.
3. Provide an opportunity for personal and social development.
4. Teach responsible behavior.
5. Teach swimmers to be respectful of coaches, teammates, competitors, as well as themselves.
6. Provide an opportunity for leadership.
7. Meet each child at his/her level of commitment and ability.
8. Provide an opportunity for swimmers to excel in the sport.
9. Introduce young people to competitive swimming.
10. Encourage lifetime involvement in sports and physical activity.

EXPECTATIONS

Behavior

Swimmers are expected to be on their best behavior while representing the Karishim Swim Club. This includes behavior during practice sessions, meets, and all team-related functions.

During practice hours, swim team members are not allowed to be unsupervised in off-limit areas. These areas include but are not limited to the fitness center, coaches' office, and locker rooms. Use of JCC property belonging to other departments is off-limits unless otherwise given permission.

The following behavior WILL NOT be tolerated:

- Inappropriate language anywhere in the building or during team events
- Excessive horseplay or noise in locker rooms and/or other areas of the JCC
- Disrespect of coaches, teammates, competitors, meet supervisors, JCC staff or JCC members
- Intentional damage of facility or equipment
- Theft
- Violent behavior

Goal Setting

Each swimmer will have the opportunity to set goals for the swimming season. These goals will be discussed with the coaches and reviewed and updated periodically.

Swim Practice Expectations- Practices are the most important part of swim team. The purpose of practice is to improve the swimmer's technique, endurance, and speed. This does not come quickly or easily, therefore, attendance is crucial.

- All swimmers are expected to be on deck, dressed and ready to swim five minutes prior to practice start. It is important to be on time so coaches can begin practice.
- Swimmers are expected to bring a bathing cap, goggles, swimsuit, towel, and a water bottle to practice.
- Swimmers are expected to stay for the entire practice session. Leaving early and arriving late can be disruptive. If a swimmer must leave practice before the scheduled time, he/she must bring a signed note from a parent or guardian stating the time and the person who will be picking up the child. **Otherwise, we cannot allow the swimmer to leave early.**
- Swimmers improve with practice. Please be aware of the mandatory amount of practices required for your swim grouping per week.
- Swimmers should not leave gear in the locker room unless it is in a locked locker. The JCC is not responsible for lost items.
- Swimmers may not leave gear in the aquatics office during practices or meets. The office is for lifeguards, coaches and officials only.
- No one under the age of 18 is allowed in the Men's or Women's Health Centers.
- Swimmers are expected to encourage and support their team mates at all times.

Swim Meet Expectations for Swimmers/Parents

1. **Swimmers are expected to be on time for swim meets.**
2. **Swimmers must be prepared to enter the pool at their scheduled warm-up time, having already stretched with cap and goggles on.**
3. **Swimmers are expected to stay until the end of meets and sit with the team.**
4. **Inform coaches of illness/emergencies.**
5. **Parents are NOT allowed on deck unless volunteering.**

Before Swim Meets

1. Practice hard to be ready to swim your best.
2. Turn in your **Swim Meet Sign-Up Form** by the **Thursday, April 1st**. Swimmers who do not sign up on time will not be allowed to swim. It takes time to prepare the swim meet roster, and the coaches appreciate your cooperation.

During Swim Meets

1. Show up fifteen minutes before warm-up. Parents are required to drive swimmers to all meets.
2. Bring the following:
 - a. Swim suit, cap, goggles, and towels.
 - b. Dry clothing (t-shirts, sweatshirt, and sweatpants as needed)
 - c. Foot apparel (flip-flops, sneakers)
 - d. Healthy snacks (there are usually concession stands at these events)
 - e. Water bottle
 - f. A positive attitude
3. **Team Cheer:** All swimmers are expected to **stay to the end of the meet** and complete the final cheer. After the final cheer, swimmers will be dismissed to leave.

Swim team parents who are assisting at the meets should wear comfortable clothes. Remember, it is a hot environment. At the Brookline pool flip-flops are required.

Nutrition

Proper nutrition is essential for all levels of swimmers. A balanced diet in accordance with the food pyramid is highly appropriate for young athletes. Foods low in saturated fats and simple sugars are recommended. Treats and non-nutritional foods are acceptable in moderation but are not appropriate as a primary source of nourishment at swim meets.

Staying hydrated helps the body perform at optimal levels and is a very important part of training and competition. Swimmers should bring a filled bottle of water or other non-carbonated, caffeine-free fluid to practice.

Illnesses and Injuries

It is important that parents of athletes inform their coaches of any chronic health issues, such as asthma, diabetes, etc. as well as acute injuries. All health-related conversations are strictly confidential. Doctor's note or parent note.

Helpful Tips for Parents for a Successful Season

Leave the coaching to the coaches

Karishim Swim Club has selected its coaching staff based on their knowledge and experience in competitive swimming as well as their passion for the sport and their desire to train your child. Please be respectful of the coaches by doing your part to forge a good relationship with them. You can do this by:

- Approaching them with concerns and questions at appropriate times
- Avoid giving your child conflicting coaching advice
- Watching practice from either the bleachers or upstairs vestibule. Parents ARE NOT allowed on the deck except in the event of an emergency.

Encourage but don't push

Most athletes have a desire to compete to the best of their ability and have certain goals that they strive to achieve. It is understandable for parents to also want their children to excel, but it is tremendously harmful for anyone to inflict too much pressure on a young athlete. Excessive pressure is counterproductive and can often lead to burnout and resentment. Parents have the opportunity to express their expectations for their swimmers to the coaches.

Understand plateaus

Swimmers often improve steadily for a period of time and then reach a point at which improvement in performance does not come as easily as it once did. Coaches refer to this as "hitting a plateau." This is usually not an easy time for a swimmer, but with patience, determination, and, oftentimes, a rest period, he or she will sooner or later bounce back. It is important for parents to recognize when your child has hit a plateau, offer encouragement, and be supportive.

Make a commitment, but don't stretch yourself too thin

Karishim Swim Club and its coaching staff understand that being the parent of an involved swimmer requires a considerable amount of time. We also understand that the expenses can add up quickly.

To ease the potential strain, please consider:

- Setting up a carpool with other families in your neighborhood
- Taking advantage of the JCC's other facilities and programs (i.e. the weight room, aerobics classes, swim lessons, family swim)

Correspondence

Coaches will primarily correspond with the team via email. Deadline-oriented information will be posted on the web-site. Swimmers who provide email addresses will be placed on the email distribution list.

Parents should NEVER interrupt practices to communicate with coaches. Parents can email the Head Coach at karishim@jccgb.org. E-mails as well as phone calls will be answered within 24 hours. If you need to reach a coach, you can call Adrian at 617-558-6490.

Swim Meet Expectations for Parents

For away meets: All swimmers must arrive fifteen minutes prior to warm-up. Parents who are certified as officials or timers will be asked to volunteer at away meets.

PRACTICE SCHEDULE

The coaching staff feels strongly that practice attendance demonstrates commitment to the program and is absolutely vital to a swimmer's success. Swimmers who do not attend practice regularly will experience less achievement and may be moved to a different practice group.

The season runs from March 22nd-August 2nd. All swimmers are encouraged to continue attending practice throughout the season which ends the week of the New England Championships, August 2nd.

Swimmers will be placed into practice groups based primarily on ability. Other factors such as age, emotional and physical development, and number of team members may also be considered. Groupings are not reflective of status or achievement but represent the best learning environment for your swimmer. The decision to place a swimmer in a specific practice group is solely that of the coaching staff. **Parents should NOT question their child's practice group placement.**

The following is a brief description of the practice groups:

- **Novice:** Beginners who are new to competitive swimming. We recommend 3 hours per week.
- **Silver:** Beginners with some stroke or competitive swimming experience. We recommend 3 hours per week.
- **Gold:** Intermediates with stroke and competitive swimming experience. We recommend 2-4 practices per week.
- **Advanced Gold:** Advanced swimmers. We recommend 3-5 practices per week.
- **Senior Group:** Elite swimmers and most advance training. We recommend 4-5 practices per week.

2010 Swim Team Practice Schedule

	Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday
Novice	4-5:30pm	5-6pm	5-6pm	5-6pm	5-6pm	OFF
Silver	4-5:30pm	5-6pm	5-6pm	5-6pm	5-6pm	OFF
Gold	4-5:30pm	5-6:30pm	5-6:30pm	5-6:30pm	5-6:30pm	OFF
Adv. Gold	4-5:30pm	6:30-8:15pm	6-8:15pm*	6:30-8:15pm	6-8:15pm*	4-5:45pm*
Seniors	4-5:30pm	6:30-8:15pm	6-8:15pm*	6:30-8:15pm	6-8:15pm*	4-5:45pm*

Practice times are subject to change based on group enrollment.

*Dryland practices are held on Tuesday and Thursday from 6-6:30 and on Friday from 4-4:45 for **ADVANCED GOLD AND SENIORS ONLY!**

**There are no Sunday practices on swim meet weekends.

Membership and additional fees

Full-Privilege JCC Membership Fee

All swim team participants **MUST** be full members throughout the duration of the swim season. Having a full-privilege membership entitles you to pay member rates on all other JCC programs.

COMPETITIVE SWIMMING SEASON

Swimmers on the Karishim Swim Club can participate in the United States Swimming League by paying the \$60 registration fee. An additional escrow of \$100 will be needed to cover entry fees and championship meet fees. These meets are held in the New England region, mostly in the local area. As part of the regular season we schedule several US meets. It is an incredible experience for all swimmers to participate in this league. **Swimmers who have paid the \$60 fee in the fall/winter season do not need to pay again, however, swimmers must pay the escrow fee as it does not carry over from season to season.**

US Championship Information

US Championship meets require a qualifying time. If a swimmer qualifies, he/she should attend. All swimmers are invited to attend championship meets to cheer on their teammates.

Swimmers pay an entry fee for US Championship meets. At US Championship meets swimmers are allowed to swim up to five events per day.

Qualifying for US Championships

1. Qualifying times are required in order to participate.
2. Compete in at least three US swim meets.

***Karishim Swim Club Team Calendar:** Please check the more detailed calendar at www.lsjcc.org

***Summer Swim Camp:** Swimmers have the opportunity to continue training through the summer at our one week swim camp in August. More information will be made available in April.